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Your essential daily news | WEDNESDAY, MARCH 2, 2016

High -8°C/Low -20°C Mix of sun and cloud



Hala Alhariri practices English at Victoria Albert, Tuesday. BRAEDEN JONES/METRO

'NEW WORDS'

One Syrian refugee girl says school in Winnipeg is the best thing about her new life metroNEWS

Smart cards by summer

REPORT

City staff still working through technical glitches



Stephanie Taylor
Metro | Winnipeg

Winnipeg locals may finally be able to ride transit using a long-awaited smart card fare program by summer, according to the city's latest deadline.

A report headed to Thursday's finance committee shows the city expects to complete field-testing on the program by spring, and start a staged public rollout by early summer.

This is the latest deadline slated for the project, which has been under development since 2013.

"The complexity of the implementation has required more system development, verification and rework than was initially anticipated and this has caused the project to fall behind schedule," the report reads.

The program would see riders board buses with prepaid fares loaded onto smart cards, as in seen in other cities such as Ottawa.

The report says testing out the electronic fare program began in June 2015 with 100,000 smart card transactions done on 340 buses.

"This test identified a number of areas in the system that required debugging and rework," it reads.

Transit staff then travelled to Chicago in September to view a successful "smart card system development site," and returned to install that version of the program.

More testing was done in October and November, which staff said identified further glitches with the fare boxes and software.

The report underlines that no smart card fare program will be implemented until all tech issues are resolved.

Once ready, staff say smart cards will be introduced to passengers in phases, beginning with Handi-Transit, seniors, youth, full fare, eco-pass and post-secondary riders.



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Today's Message is on Rethinking Crown Corporations

If we are to keep crown corporations as regulated monopolies, they must be run efficiently and not as political playthings. Their operations should be subject to scrutiny, transparency and accountability. Members of the boards of the crowns, agencies and regulators should be appointed based on merit, not only on which party they support. To begin with, we need 'score card' comparisons of Crown services and operations against similar corporations elsewhere in Canada and the world. In the end, these monopolies should only remain so if they are run efficiently, and serve the public interest - not just party interests.



Your essential daily news

Rolling Stones to play free concert in Havana, becoming biggest act to play Cuba since revolution.

UNIVERSITY OF MANITOBA

Contest promotes urban beekeeping

The University of Manitoba is inviting designers buzzing with creativity to help design new homes for bees.

Called BEE/ HOUSE/ LAB, the international design competition, hosted by the faculties of entomology and architecture, aims to draw attention to the declining bee populations by encouraging more people to take up beekeeping in their own backyards.

"Around the world, pollinator insects are under threat from unintended consequences of parasites and pathogens, pesticide use, habitat loss and climate change, especially in urban areas," Robert Currie, professor of entomology, said in a recent news release.

The competition will require contestants to design bee houses that can hold between 80-100 solitary nesting bees,

+ DETAILS

Submissions will be accepted from March 31 to April 20. The school says a winner will be announced on April 25.

which could vary in species.

Joyce Hwang, associate professor of architecture at the University of Buffalo, and Michael Loverich, co-director of a design farm in New York, will act as jurors.

The school says they will assess submissions based on functionality, as well as "innovation, excellence in design and constructionability."

Finalists will then have their designs prototyped and installed around the university's campus to be field-tested. METRO



Hang in there... Spring is a few weeks away and it's apparently going to bring balmy temperatures than usual. THINKSTOCK

Winnipeg is warming up — honestly: Expert

WEATHER

City can expect 'temperature roller-coaster' through March



Is it spring yet? No, but the end is in sight.

Meteorologist Doug Gillham of The Weather Network said it's normal for a transition season like spring to fluctuate — warmer than normal tem-

peratures were interrupted by a blast of Arctic air this week — but "this doesn't look like a year where winter is hanging on."

Is it getting warmer? Yeah. By about two degrees each week, on average, and it's going to keep climbing that way into April.

Temperatures through March will rise and fall during what Gillham calls a "temperature roller-coaster," and "there is no way to forecast a one- or two-day fluke event" like snow last May, but the temperature trend is upwards.

"(Soon), the peaks will outweigh the valleys, the warm

"We're forecasting a warmer-than-normal spring."

Meteorologist Doug Gillham

periods will be longer and stronger than the interruptions as you make that transition from winter into summer," Gillham said, adding there's a "nice stretch of weather starting this weekend."

The average high this week is -5 C and the average high for April 1 is 5 C. By May 1, the

normal is 16 C.

"But we think (Winnipeg) will do even better than that... you're certainly making record progress into spring," Gillham said.

A system of milder Pacific air that has dominated the west, leading to record-high temperatures in Alberta, will drift into southern Manitoba Saturday.

The expected high for Sunday is 4 C, warmer than average, but it also won't hold that way.

"We're forecasting a warmer-than-normal spring... that doesn't mean every day is going to be above seasonal," Gillham said.



There is such a thing as bee houses and these are what a typical one might look like. But the University of Manitoba is hoping for a little more creativity. COURTESY WASHINGTON UNIVERSITY



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HOMICIDE

Police asking for help

Winnipeg police are asking for the public's help in retracing the steps of one of the city's latest homicide victims.

Police say investigators are continuing to look into the death of Marilyn Rose Munroe, 41, who was found dead inside a Pritchard Avenue home Feb. 22.

According to police, she was last seen alive in the area of Selkirk Avenue and Andres Street on Feb. 12 around 1:50 p.m.

Investigators are now asking for information regarding her whereabouts during the days leading up to that day, and afterwards.

Munroe is described as an aboriginal woman, five-foot-six and about 130 pounds.

Police say she was last seen wearing several layers of sweaters and carrying a plastic bag.

Officers had initially responded to the residence about a well-being check on Feb. 22 around 10:40 a.m. when they discovered Munroe's body.

Anyone with information about her whereabouts leading up to her death is asked to contact police.

METRO



Marilyn Rose Munroe. WPS

Cost could climb \$2M if 4 recycling depots built

REPORT

Rise attributed to increase in capacity for hazardous waste



Stephanie Taylor
Metro | Winnipeg

The cost of building four super recycling depots in Winnipeg could be on the rise yet again, according to a new financial report.

The report headed to Thurs-

day's finance committee reiterates the \$16.8 million price tag for building 4R recycling drop off depots at Brady Road, Pacific Avenue and Panet Road — along with the potential for a fourth at an undecided location.

"Based upon the level of estimates, there is a risk that future capital budgets might require an increase of roughly \$2 million," the report reads, totaling upwards of \$18.9 million.

A city spokesperson clarified Tuesday the increase would be only for building a fourth depot.

"The Public Service is examining options to reduce costs to remain within the existing



I don't think it realistic to assume we could do four for \$16 million.

Coun. Brian Mayes

capital budgets for four depots, including the assessment of whether there will be sufficient demand for a fourth facility," the report continues.

This project, however, is no stranger to rising costs.

City council initially approved spending \$14.4 million to build up to four depots, but that figure was bumped up to \$16.8 million in 2015.

That rise was attributed to increasing the capacity for

each depot to accept hazardous household waste and additional licensing requirements, leading to higher design and construction costs, according to the city.

The Brady Road depot was officially opened last month, roughly two years behind schedule.

Its actual price tag was \$5.2 million, which the city says was due to closing the residential drop-off point for garbage and

installing a weigh scale.

"We need to be open with the public — knowing the first depot cost \$5.2 million, I don't think it realistic to assume we could (do four) for \$16 million," Coun. Brian Mayes, chairman of the committee that deals with water and waste issues, wrote in an email to Metro on Tuesday.

Mayes characterized the city's initial plans for building the depots as "ambitious," saying he's unsure what metrics staff will use to determine the public demand for a fourth depot, but he wouldn't rule it out.

"We may need it," he said.



INFRASTRUCTURE WATER MAIN BREAK FLOODS EIGHT BLOCKS A massive water main break shut down several St. James streets overnight while city crews worked in bitterly cold weather to repair the damage. Winnipeg police cautioned residents to avoid an eight-square block of St. James Monday night after water gushed onto several streets, bordered by Silver Avenue, St. Matthews Avenue, King Edward Street and Roseberry Street. City crews worked to repair the damage in temperatures as low as -25 C with wind chills of -35 C. As of Tuesday morning, parts of Berry Street and St. Matthews between Berry and Route 90 were closed while clean-up continued. ELISHA DACEY/METRO

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REFUGEES

Syrian kids settle in to Canadian way of life, learning



Braeden Jones
Metro | Winnipeg

As the federal government announced it had hit the target headcount of 25,000 refugees resettled in Canada from Syria, Tuesday, Hala Alhariri was attending another day of classes at Victoria Albert School.

One of more than 20 Syrian children who started attending Victoria Albert this year, Hala, 8, said through an interpreter she likes "everything" about going school.

After coming to Canada with her family just a little more than a month ago with no English, Hala can now understand basic questions and identify colours, classroom objects, body parts and more.

Her English as an alternate



Hala Alhariri practises English with EAL assistant Rosa Messina on Tuesday. BRAEDEN JONES/METRO

language (EAL) teacher Rosa Messina — who has 17 years of experience at the school working with foreign-first-language-students — said she and the other Syrian children are in other classes most of the day, and spend just one class with her in a small group.

"The only time I take them out is a period of time during

"If there is no enjoyment or a little bit of fun ... they'll tune out real quick."

Teacher Rosa Messina

"We kind of had a stolen future, and we want to start over here in Canada."

Ammar Alhariri, father of Hala

the day to help them build the vocabulary," Messina said.

To do so, she uses hands-on games and flash cards. The students enthusiastically shout answers to her, laughing when a toe is misidentified as a finger, but they learn fast and engage with Messina even as she speaks English exclusively.

"If I'm speaking their language, it's not going to happen.... It just pushes them to have to learn it," Messina said, noting that as challenging as it is, "they have to be able to enjoy it."

"(If) there is no enjoyment or a little bit of fun ... they'll tune out real quick."

Hala is tuned in. Her father, Ammar Alhariri, said he can see her learning.

"When she gets home she gives me new words," he said through an interpreter. "Sometimes I ask questions about some words, and she will help explain some words to me."

Messina is confident that Hala and the other students who came with "almost zero English" will "be able to carry on a full conversation being understood quite clearly" by the end of the year.

Alhariri said he's "pleased" to see her picking up the language.

"It was always my goal for my children to get an education," he said. "We kind of had a stolen future, and we want to start over here in Canada."

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Tourism Minister Ron Lemieux. METRO FILE

Lemieux quits race

PROVINCIAL ELECTION

NDP cabinet minister has health scare

A Manitoba cabinet minister who suffered a health scare last month is dropping out of the April 19 provincial election race and leaving politics.

Tourism Minister Ron Lemieux said Tuesday an infection developed while he was in Arizona and he required surgery to drain it.

"It was a wake-up call," Lemieux said. "It made me realize that I'd like to spend more time with family, with my grandchildren, with my friends and do other things that, for the past 17 years, I haven't necessarily been able to do."

Lemieux was unable to fly home until last weekend, but said he has made a full recovery. He said the sudden illness, combined with some close friends his own age battling cancer, prompted him to rethink his future.

Lemieux has been in the legislature since 1999 and has held several cabinet portfolios including transportation, consumer affairs, education and municipal affairs.

His departure means the governing New Democrats must find a replacement for the Dawson Trail constituency southeast of Winnipeg with just seven weeks until the election.

Premier Greg Selinger stood beside Lemieux on Tuesday and praised his efforts on a number of files: the construction of a downtown hockey arena, the development of long-term highway improvement plans and consumer protection laws for cellphones and other items.

"All of those things make a big difference," Selinger said.

Lemieux said his decision was not prompted by opinion polls that suggest the governing NDP is lagging far behind the Opposition Progressive Conservatives.

Several other high-profile New Democrats have also announced in recent weeks they are not seeking re-election, including former finance minister Jennifer Howard, Justice minister Gord Mackintosh and the legislature's Speaker, Daryl Reid. THE CANADIAN PRESS



It was a wake-up call.

Ron Lemieux, on health issue

MEMORIAL

Slain teen remembered

Hundreds of people have attended a memorial for a 17-year-old Winnipeg youth whose body was found stuffed in a garbage bin.

Cooper Nemeth disappeared early Feb. 14 after he left a house party for his hockey team.

Nicholas Bell-Wright,

22, will return to court on Friday on a charge of second-degree murder.

The memorial was organized by the Bear Clan patrol, a group of volunteers who walk Winnipeg's streets at night to promote safety and provide support to the inner city. THE CANADIAN PRESS

PAUL DUCK INQUEST

Indigenous killing is 'condoned': Chief

The leader of a remote northern Manitoba First Nation says the inquest into the fatal RCMP shooting of a man on his reserve essentially condones killing indigenous people.

Chief Gilbert Andrews of God's Lake First Nation says the inquest judge didn't condemn the 2011 shooting of Paul Duck or make any recommendations to prevent a similar tragedy.

Andrews says his community, 1,000 kilometres northeast of Winnipeg, questions whether

the shooting was fuelled by racism, and many fear it could happen again given the officer was never charged or held responsible.

It seems like "this kind of behaviour — to kill an Indian — is condoned by the justice system" and gives people reason "to fear the actions of the RCMP in the future," Andrews said Tuesday.

"It's OK in the eyes of the judge for the police to shoot our people," he said. "It seems that way."

Early on March 15, 2011, Duck heard his sister's nearby house being vandalized by a large group of young people. The inquest heard he grabbed his shotgun and fired several rounds to scare the kids off.

He pursued them down a hill where two RCMP constables were guarding the scene of a house fire that had killed two young children and their grandfather the day before. Duck approached the officers, apparently to talk to them about his

sister's home.

The inquest heard Duck was asked three times to drop his gun. He lowered the weapon to his waist but continued walking toward the officers.

He was shot in the arm and lost a life-threatening amount of blood within five minutes. As Duck lay on the ground, he said, "I should have dropped the gun."

The inquest judge concluded the shooting was an unfortunate misunderstanding.

THE CANADIAN PRESS

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6 Winnipeg **metro** NEWS

Hells Angel's trial for assault begins

JUSTICE

Alleged to have beaten boy and man who were riding bicycles

A trial for a member of the Hells Angels has begun in a Winnipeg courtroom.

Rodney Sweeney has pleaded not guilty to aggravated assault and assault with a weapon. The trial is expected to last three days.

A 14-year-old boy and a 27-year-old man were riding bicycles in East Kildonan in Winnipeg on the night of Aug. 5, 2013, when they were allegedly approached by a man in a vehicle who attacked them with a weapon.

The Crown showed the judge a videotaped interview between the boy and a Winnipeg police officer, carried out the day after the reported attack. The boy tells the officer that a black SUV stopped near Concordia Avenue and Molson



Rodney Sweeney HANDOUT/WINNIPEG POLICE SERVICE

Street and a man got out, and hit him with a weapon that left two cracks in a bone in his arm.

The pair were able to get away and call police.

Sweeney is brother to Dale Sweeney, president of the

Manitoba Hells Angels. He was arrested in 2012 by police during a sweep.

Dale Sweeney was shot six times in 2001 during a biker gang war in Winnipeg.

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ALS sufferer can direct own death

LAW

Judge permits Calgary woman to have her life put to an end

A judge has ruled an Alberta woman with a terminal illness can have a doctor-assisted death. The Calgary woman, who cannot be identified due to a publication ban, is in the final stages of amyotrophic lateral sclerosis, or ALS, also known as Lou Gehrig's disease.

The court decision released Tuesday says the woman has no more than six months to live and is in significant pain. "I am not suffering from anxiety or depression or fear of death," the woman, referred to as Ms. S, said in a court affidavit. "I would like to pass away peacefully and am hoping to have physician-assisted death soon. "I feel that my time has come to go in peace."

Court of Queen's Bench Jus-

tice Sheilah Martin said the woman's application is the only one she is aware of in Canada.

Quebec has its own law governing what it calls medical aid in dying, which went into effect in December. Health officials in Quebec City confirmed the first death under the law in January.

"I am satisfied that Ms. S fully and freely consents to the termination of her life," Martin wrote in her ruling.

"Her application is not made in a moment of weakness and her desire for physician-assisted death is long standing."

Court heard Ms. S is a retired clinical psychologist and award-winning dancer who was active before her diagnosis in 2013.

ALS is a degenerative neurological disease that causes muscle weakness. Ms. S is in the final stages, unable to speak and almost completely paralyzed. She cannot swallow liquids and water is pumped into her stomach through a tube.

She can text words using her left hand, but "even this form of communication is rapidly

+ EXEMPTIONS

The Supreme Court ruled last winter that consenting adults enduring intolerable physical or mental suffering have the right to end their lives with a doctor's help.

The high court has given the federal government more time to write a new law on physician-assisted death, but is allowing anyone who wants to die sooner to ask a judge for an exemption.

THE CANADIAN PRESS

declining," wrote Martin.

The woman has frequent muscle cramps and, in the last two months, has suffered frequent breathing problems, often choking at night.

"It is not acceptable to me to live sedated to the point of unconsciousness until I choke on my own bodily fluids," Ms. S said in the court document.

THE CANADIAN PRESS



B.C. Premier Christy Clark speaks to the Great Bear Rainforest. THE CANADIAN PRESS

ENVIRONMENT

Rainforest act co-operative job

British Columbia Premier Christy Clark says her government's protection of the Great Bear Rainforest is the province's gift to the world.

B.C. introduced legislation Tuesday that protects most of the globe's largest intact temperate rainforest on B.C.'s rugged central coast from logging.

"We all knew that 'yes' today would mean something incredible for the next 100 years, for

the next 500 years, not just for B.C., but the entire world," Clark said at a ceremony after the protection law was introduced in the legislature.

The Great Bear Rainforest Forest Management Act protects 85 per cent of the 6.4-million-hectare area that stretches from the Discovery Islands on Vancouver Island to Alaska.

The government announced an agreement last month to

protect the area after 20 years of talks with industry, First Nations and conservation groups.

Clark said the protected area covers seven per cent of B.C.'s land mass and is the size of Ireland.

Forests Minister Steve Thomson said often-opposing groups in B.C. learned to co-exist and the result is an agreement that preserves the riches of a global treasure. THE CANADIAN PRESS



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The Manitoba Teachers' Society

Food guide needs update

NUTRITION

Standards now obsolete as waistlines keep expanding

Canada's Food Guide, which presents fruit juice as a healthy choice, is in need of a drastic overhaul to help combat the country's obesity crisis, a Senate committee warned Tuesday as it released findings of a study spanning more than a year.

The report paints a bleak picture of Canadians plagued with conditions linked to excess weight and takes direct aim at Health Canada's recommendations on juices most commonly served at breakfast tables.

"Canada's dated food guide is no longer effective in providing nutritional guidance to Canadians," the report said. "Fruit juice, for instance, is

presented as a health item, when it is little more than a soft drink without the bubbles."

The report, which pegs the cost of obesity at between \$4.6 billion and \$7.1 billion a year in health-care needs and lost productivity, also suggested the committee got an earful on the failings of the food guide.

"Several witnesses suggested that Canada's Food Guide has been at best ineffective," it said.

An overhauled food guide should be based on the latest science and must make strong statements about restricting consumption of highly processed foods, the study added.

THE CANADIAN PRESS



We can't sugar-coat it any longer. The obesity crisis is real.

Sen. Kelvin Ogilvie



Syrian refugee boys attend class in January, at an education centre run by Relief International in the Zaatari Refugee Camp, near Mafraq, Jordan. THE ASSOCIATED PRESS

REFUGEE CRISIS

Matching aid dollars for Syria falls short

The dollars are still being counted, but the amount of money donated by Canadians for overseas Syrian relief efforts will likely fall well short of the maximum \$100 million the government had promised to match.

Monday marked the final day for Canadians to give

money for Syrian aid in order to ensure those dollars were matched by the federal government.

Upwards of \$16 million in donations had been received by Monday by UNICEF, World Vision and the Red Cross, but several other groups taking part have not released their

figures.

The program, launched by the Conservatives, was set to close at the end of 2015 but the Liberals extended the deadline to raise more money.

At the time the government announced the extension, about \$12 million had been raised since the program

launched last September.

Since January 2012, Canada has committed \$653.5 million in humanitarian assistance in response to the Syria crisis.

Previously, the government had only used matching funds in response to natural disasters.

THE CANADIAN PRESS

ENVIRONMENT

Market-oriented green group gets boost

Prime Minister Justin Trudeau gave a boost Tuesday to a new cross-sectoral group of business leaders, labour, non-governmental organizations, government and academics who want to accelerate Canada's transition to a high-efficiency, low carbon economy.

Smart Prosperity officially launched in Vancouver with

encouragement from Trudeau, whose Liberal government's climate agenda appears to dovetail with the economic transformation envisioned by the new market-oriented group.

Twenty-six individuals have signed on to the initiative, including an eclectic mix of top representatives from

banks and insurance companies, aluminium smelters, the United Steel Workers union, a grocery chain, investment firms and the World Wildlife Federation.

They're looking to identify and promote policies that spur innovation, generate jobs and boost the economy while improving the environment

and conserving Canada's natural heritage.

"I'm a big believer in government not playing the leadership role," Annette Verschuren, one of three Smart Prosperity co-chairs and the former president of Home Depot Canada, said in an interview before Tuesday's announcement.

THE CANADIAN PRESS



Prime Minister Justin Trudeau speaks during the launch of Smart Prosperity on Tuesday.

DARRYL DYCK/THE CANADIAN PRESS

IN BRIEF

Kenya benefits from Kanye's infamy

A website suggests that fans who might spend \$700 on one of Kanye West's sweaters donate the money to charity instead.

Todd Lorentz, a director of One Child's Village, says donations are starting to come in as a result.

THE CANADIAN PRESS



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Super sweeps

U.S. POLITICS

Clinton and Trump lead top electoral day

Donald Trump and Hillary Clinton swept up states in the early counting from Super Tuesday's primaries, cementing their advantage as the presidential front-runners of their respective parties.

They gobbled up delegates as early results rolled in Tuesday on the busiest day of the 2016 presidential primary season, with a dozen states casting ballots.

But their respective rivals showed pockets of strength — perhaps enough to keep fighting as the race accelerates toward the mid-March date where big blocks of delegates start being awarded in winner-take-all primaries.

Sen. Bernie Sanders paused to remind supporters that for now delegates are still being awarded proportionally — and he remained poised to gain plenty Tuesday, despite losing most states aside from a dominant performance in his

home of Vermont.

He vowed to keep campaigning. In a punchy address to the home crowd, he reminded his longest-standing supporters of how much they'd advanced since he launched his campaign.

"We were at three per cent in the polls. We have come a very long way in 10 months," said Sanders.

"At the end of tonight, 15 states will have voted. Thirty-five states remain. Let me assure you that we are going to take our fight for economic justice, for social justice, for environmental sanity, for a world of peace, to every one of those states."

On the Republican side, Trump appeared poised to capture about one-third of the delegates he'll need to win the Republican nomination, leaving

his rivals precious little time to elbow him off-course before he reaches the finish line.

The celebrity billionaire was leading in almost every state early in the vote count, putting him in a position to finish the evening a big step closer to the 1,237 delegates that would give him a first-ballot win.

His success has caused such consternation among establishment Republicans that the panel on Fox News was speculating Tuesday about whether this could signal the demise of the Republican party.

His rivals all seemed poised to remain in the fight: Ted Cruz was leading the pre-election polls in his home state of Texas, and Marco Rubio and John Kasich have vowed to be there when their states of Florida and Ohio vote in two weeks.

"The nomination will not be decided (Tuesday)," pollster John Zogby told a gathering of journalists Monday. "(He) could potentially be stopped — but it becomes less likely."

THE ASSOCIATED PRESS

+ DELEGATES

Democrats were voting in 11 states and American Samoa, with 865 delegates up for grabs. Republicans were voting in 11 states, with 595 delegates at stake.

For the latest results, go to metronews.ca



Top: A supporter holds up portrait of Hillary Clinton during an event at Ice Palace Films Studios in Miami. Bottom: Donald Trump speaks at the Kentucky International Convention Center. GETTY IMAGES

SPACE MISSION

'We did it': Spacemen return from longest NASA trip



Scott Kelly of NASA, left, and Mikhail Kornienko of Roscosmos have returned from NASA's longest flight. NASA/THE ASSOCIATED PRESS

Astronaut Scott Kelly closed the door Tuesday to an unprecedented year in space for NASA, flying back to the planet and loved ones he left behind last March.

Kelly and his roommate for the past 340 days, Russian cosmonaut Mikhail Kornienko, were due to check out of the International Space Station Tuesday night.

By the time their capsule lands in Kazakhstan on Wednesday, the pair will have travelled 144 million miles through space, circled the world 5,440 times and experi-

enced 10,880 orbital sunrises and sunsets.

Kelly photographed the first five sunrises of his waking day Tuesday, posting the pictures on Twitter, before quipping, "I gotta go!" His final tweet from orbit came hours later: "The journey isn't over. Follow me as I rediscover #Earth!"

Piloting the Soyuz capsule home for Kelly, 52, and Kornienko, 55, will be the much fresher and decade younger cosmonaut Sergey Volkov, whose stint lasted the typical six months.

Kelly was the first one into

the docked Soyuz capsule after a round of hugs and handshakes with the three crewmen staying behind. Kornienko reached out and patted the inside of the station before the hatches swung shut.

As he relinquished command of the space station Monday, Kelly noted that he and Kornienko "have been up here for a really, really long time" and have been jokingly telling

continues to rule, however, when it comes to long-duration spaceflight. The world record of 438 days was set by a Russian doctor during the mid-1990s. THE ASSOCIATED PRESS

144M

The pair will have travelled 144 million miles through space upon their arrival.

one another, "We did it!" and "We made it!"

"A year now seems longer than I thought it would be," Kelly confided a couple weeks ago.

Kelly's closest U.S. contender trails him by 125 days. Russia

REFUGEE CRISIS

Tens of thousands stuck on Greek border

On foot or by taxi, hundreds of exhausted refugee families trying to reach Western Europe flocked Tuesday to a burgeoning tent city on Greece's border with Macedonia, which had not allowed anybody in for 24 hours, citing a similar policy by Serbia further north.

The impasse drew strong criticism from the UN refugee agency, which said Europe "is on the cusp of a largely self-induced humanitarian crisis." A UNHCR statement said incon-

sistent policies in the continent, which faces its worst immigration crisis since the end of the Second World War, "are causing unnecessary suffering and risk being at variance with EU and international law standards."

Police say there could be up to 10,000 people — mostly Syrian and Iraqi refugees — stuck at the country's Idomeni border crossing now in deteriorating conditions.

THE ASSOCIATED PRESS



Refugees look towards Macedonia at the border near the Greek village of Idomeni on Tuesday. AFP/GETTY IMAGES

UNITED KINGDOM

Meteor lights up sky above Scotland

Scientists say a meteor was the cause of a bright flash of light reported by people across Scotland and northern England. Police said they received calls with reports of a loud bang, a sudden blue, green or white light or a fireball in the sky.

Several drivers caught the sudden flash and streak of light on their dashboard cameras. Driving instructor Bill Addison said it looked like "a bright,

electric blue spark."

Steve Owens, manager of the Glasgow Science Centre planetarium, said the likely culprit was a chunk of space rock — "about the size of a tennis ball or maybe even a watermelon" — that was burning up in the atmosphere.

The U.K. defence ministry wouldn't comment on whether the flash was linked to military activity. THE ASSOCIATED PRESS

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Doggy darlings big business for owners

INSTAGRAM

Companies looking to harness puppy star power

Dean just turned two years old, but he already has more than 107,000 Instagram fans following his squirrel-chasing, stick-fetching and snack-sneaking adventures in Toronto.

The floppy-eared basset hound is one of several Canadian dogs whose #DogsOfInstagram game is on point. These rising canine stars can score anything from free doggie treats to lucrative book deals as companies look to harness the puppies' star power.

Carly Bright and Nathan Sidon picked up Dean from a breeder in April 2014. One month later, the couple launched Dean's Instagram account to avoid spamming their own followers with incessant pictures of their puppy.

His photos started resonating with strangers, though, and by late summer, his account cracked 1,000 followers.

Bright continued posting about one picture daily and fine-tuned Dean's voice. The captions, Sidon said, are the couple's "best understanding" of their dog's perspective.

"He's got a big personality," said Bright.

While they consider Dean's social media presence a hobby rather than a business, interest in the hound's potential to



Carly Bright with her basset hound Dean at their Toronto home in February.

MICHELLE SIU/THE CANADIAN PRESS

peddle products has grown along with his following.

"People reach out to him all the time," Sidon said.

At first, the couple reacted with excitement each time a brand contacted them to inquire about working with Dean. Now, emails arrive in Dean's inbox multiple times a day.

Sometimes the companies want to send Dean a free product, hoping his owners will showcase it on the account, said Sidon. Other times, they offer financial compensation for doing so.

Fohr Card, a company that

helps brands find human influencers, created a spinoff, Fur Card, to showcase the growing number of popular animals on social media.

The deals can be lucrative. The dogs earn a fee or freebie for posting about a brand's products, or can lend their image to merchandise of all kinds.

Dean's owners have been asked to lend his likeness to socks, sandals and 3D figurines, but Bright and Sidon have passed on the offers to maintain the integrity of Dean's Instagram page and keep it relatively advertisement-free.

THE CANADIAN PRESS



Dean has over 107,000 followers on Instagram.

MICHELLE SIU/THE CANADIAN PRESS

TELEVISION

Get the skinny on your basic cable

Canadians now have the choice to pay no more than \$25 a month for basic cable as the deadline for the CRTC-mandated so-called skinny cable and satellite packages dawned Tuesday. The regulations came after the federal regulator's Let's Talk TV campaign, launched in 2013, found Canadians wanted more choice from their cable providers.

What's a basic-cable package?

Basic-cable packages must include at least 10 local and regional TV channels, public interest channels (like the Aboriginal Peoples Television Network), educational programming, community channels and legislative channels where available.

Is that all that's included?

That's the bare minimum for skinny cable packages.

They may also include local AM and FM radio stations, up to 10 non-local TV stations and another province or territory's educational programming if

there's no local alternative.

Does it cost less than previous plans?

While the monthly cost of the skinny package is capped at \$25 monthly, that doesn't include installation or equipment fees.

Bell's starter package, for example, costs \$24.95 for basic channels. But new customers selecting that plan must pay another \$7 monthly for an HD receiver, or \$15 monthly for an HD PVR rental, or \$499 to purchase the unit. There's also a one-time installation fee of \$49.95 for customers signing on for a two-year contract, or \$199.95 for those without a contract.

How do I make the switch?

TV viewers wanting to make the switch can visit the websites of cable providers to determine what packages, a-la-carte channel and bundle options most appeal to their needs.

The CRTC provides a list of service providers in various Canadian cities. THE CANADIAN PRESS

SWEDEN

McDonalds adds VR goggles to Happy Meals

Move over analog Happy Meal toy, McDonald's is rolling out virtual reality for their youngest patrons. The newly-announced "Happy Goggles," being marketed at 14 locations in Sweden from March 5 to March 12, is meant to be paired with Slope Stars, a ski-themed VR game. COLIN MCNEIL/METRO

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Warm up with the
Winnipeg boat show



It may still be cold outside but the Mid-Canada Boat Show (also referred to as the Winnipeg Boat Show) will have you looking forward to warmer weather as it takes over the newly expanded RBC Convention Centre Winnipeg from March 3 to 6.

"We are the very first consumer show taking place in the expanded building," says Dave Amey, the manager for the Boat Show. "That means the entire experience will happen on one floor. We're talking more than 75 exhibitors and 250 boats spread out over 135,000 square feet."

The Boat Show, which for more than 30 years has been put on by the Mid-Canada Marine and Powersports Dealers Association, features everything you need for summer fun — from the newest boats and motors to fishing and water sports equipment.

That means, says Amey, the show is geared towards those who are interested in "all things water", including boat owners, those who want to purchase a boat or those who are looking to learn more about boating.

"The Show really is the best time to buy a boat," he says. "All the dealers and manufacturers will be on display in one room, which gives you lots of chances to compare different boats. That also means it gets kind of competitive because everyone is anxious to get new customers, so there will be lots of incentives and special pricing."

In addition to the exhibitors, the Boat Show will feature and impressive speakers

ALL THE INFO YOU NEED

Dates: Thursday and Friday (3 to 9 p.m.), Saturday (10 a.m. to 7 p.m.), Sunday (11 am to 5 p.m.).

Tickets: Tickets are \$15 and are available via Ticketmaster.ca or at the door. Children under 13 are free.

Location: The RBC Convention Centre Winnipeg is located at 375 York Ave.

Draw: If you purchase a boat at the Boat Show (that exceeds \$15,000 before taxes) you will be entered into a draw for a \$5,000 credit towards the purchase.

Pamper yourself: The Boat Show will include complimentary spa services and treatments.

Website: midcanadaboatshow.com

such as Bob Izumi, host of the Real Fishing Show and one of the foremost spokespersons on the sport, and fun elements for kids such as a 5,000-gallon fish tank and scavenger hunt.

"I would suggest wearing comfy shoes because the space is equal to two and a half city blocks," says Amey of the Show. "Enjoy your visit and give yourself a couple of hours to dream about summer."





PROTECTING WINNIPEG WATERS

Aquatic invasive species (AIS) are more than just a nuisance — they can have negative economic, social, environmental and human health implications. That is why the Mid-Canada Marine and Powersports Dealers Association (MMPDA) is using its Mid-Canada Boat Show as an opportunity to educate the public about an AIS called zebra mussels, which pose a threat to Winnipeg waters.

"MMPDA is a blanket of marine dealers so the more that we are all on board, the stronger voice that we have to ensure we are being heard by consumers, governments and any authorities," says Lisa Harrison, an MMPDA board member, of the organization's commitment to preventing the further spread of zebra mussels. "If people are buying products, they must have the knowledge to deal with these AIS. The Boat Show is a great way to do that."

According to the Manitoba Conservation and Water Stewardship website, adult zebra mussels have a shell and can strongly attach to water-based conveyances such as watercraft, trailers, water-based aircraft, ORVs and other water-related equipment. Meanwhile,

larval zebra mussels, called veligers, passively move downstream by water movement and are invisible to the naked eye. Veligers rely on water to survive and can be inadvertently carried in small amounts of water transported by un-drained watercraft and water-based equipment.

"We are encouraging consumers to follow the clean, drain and dry method to stop the spread," says Harrison. "That means anything that has come in contact with waters that contain zebra mussels has to be fully decontaminated."

The MMPDA has invited Candace Parks, the aquatic invasive species specialist for the Province of Manitoba's Department of Conservation and Water Stewardship's Wildlife and Fisheries Branch, to speak on the topic during the Boat Show.

"Candace really knows her stuff and will be able to explain to current status of zebra mussels in Winnipeg waters and your role in preventing their spread," says Harrison.

Parks is scheduled to speak at 4 p.m. on Thursday and 5 p.m. on Saturday.


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MID-CANADA BOAT SHOW

Know the deadly risks around dams

Near a generating station, the water may seem calm. But below the surface are powerful currents that can drag you to the bottom giving very little chance of getting out alive. And that's just one of the dangers.

Hydroelectric stations can be remotely controlled by operators many kilometers away. Throughout the day and night, as demand for electricity rises and falls, operators open and close gates at the dams and start and stop generating units. This causes frequent and rapid changes in water levels and flows around generating stations which can affect the safety of those who venture too close.

There are many areas upstream and downstream of hydro generating stations where the water is flowing quickly and can change completely within a few seconds when a turbine starts or a spillway opens. Water rushes out and the water level rises in a flash. It's very easy to be caught off guard. A change in water flow can swamp your boat or pull you into an undertow.

WHEN YOU ARE NEAR A HYDRO DAM

- Stay away from the water's edge. Rocks are frequently slippery and falling could be fatal.
- Keep your watercraft away from either side of the dam or spillway. A sudden change in the water can swamp your boat and pull you into an undertow, or cause it to overturn and sink.

Be alert to danger and obey all warning signs, fences, buoys and barriers that are there to prevent access to dangerous areas. Always stay clear of hydroelectric dams and station structures unless you are at a clearly indicated walkway or observation point.

Explain the dangers to children and always keep them close when you're anywhere near a hydroelectric facility. Find places well away from any hydroelectric facility to enjoy your boating, fishing or swimming safely.



Hydro dams can cause dangerously turbulent waters with strong undercurrents and rapidly changing water levels. When a turbine starts or a spillway opens, the water conditions can change within a few seconds and can swamp your boat or pull you into an undertow. CONTINUED



Dangerous waterways

Obey warning signs.

Hydro dams can cause dangerously turbulent waters with strong undercurrents and rapidly changing water levels. Be alert, don't get hurt.



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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

How do I tell people I don't want to be upsold at the cash? Every time I say no, I feel disorganized or cruel. I want to stop this insanity without being rude. What do I do?

Dear Ellen,
How do I tell people I don't want to be upsold at the cash — air miles, donation to sick children, a croissant with that chai latte? Every time I say no, I feel disorganized (travel points) and cruel (very ill children). Even worse — and this may be a whole other etiquette question — is to be asked for my name when placing my order at Starbucks (not to mention the follow-up: "Is that with a C or a K?" What does it matter?). I want to stop this insanity without being rude. What do I do?
Catherine

Dear Catherine,
I don't find upselling as irritating as you do, though admittedly, when the epidemic first began to take hold, I did find it mystifying. Why were staff at checkout counters constantly asking me if I wanted soup or salad with that, or if I needed any windshield washer today, or had I noticed the buy-two-get-one-free offer in the shoe department. Did I look like a hungry, absent-minded, scuffed-shoe consumer with a dirty car?

At first, I would stop to explain to checkout people that I appreciated their concern, but that I had everything I needed, and hoped they wouldn't be offended that I was declining their considerate suggestions. But after being met with confusion, boredom or irritation, I soon

I found your fellow objectors very much in the minority, drowned out by millions of enthusiastic links on what a fabulous idea upselling is.

realized they weren't asking out of concern for me at all! They were simply doing their job as wage slaves trained to harass the customer into spending more money before being allowed to escape.

Now I save time for everyone by quickly saying, "No thank you" as soon as the upsell begins. They don't care. In fact, they seem to appreciate being let off the hook right off the bat (to mix metaphors). They finish ringing up my purchase(s), send me on my way and happily move on the next customer. With this courteous but firm approach to the aggressive upsell, both parties are able to remain friendly and polite, which is a nice way to end any encounter.

If you're hoping to prevent

being upsold altogether, I'm afraid you're out of luck. Out of curiosity, I went online to investigate the phenomenon, wondering if others felt as annoyed and manipulated as you do. Surely if enough people hated it, you could join together in a mass protest to end it?

Instead, I found your fellow objectors very much in the minority, drowned out by millions of enthusiastic links on what a fabulous idea upselling is, and how it can be used by almost any business to increase sales and profits. The most successful upsell of all time — "Would you like fries with that?" as pioneered by McDonald's — has been working like gangbusters since the 1970s and continues to increase profits by millions per

year. In short, resistance is futile. The upsell is here to stay.

As for your objection to having to give your name when placing an order at Starbucks, and then being asked how to spell it, I'm tempted to suggest you invest in a meditation course or regular massage sessions, except you might misconstrue my sincere concern as upselling.

What I will advise is that you take control of the situation. Place your order and then, without being prompted, volunteer your name and the first initial: "That's for Catherine, with a C."

Give them a little something extra: An upspell.

Need advice?
Email Ellen:
scene@metronews.ca



© Ani Castillo

ROSEMARY WESTWOOD metroview

Where's the apology for the state's place in staff rooms of the nation?

A posthumous pardon is certainly far better than none at all.

So it was a victory for many this week, when the federal government announced it would pardon Everett Klippert, the only man labelled a dangerous sex offender simply because he was gay.

The Liberals also announced a review of convictions prior to 1969 for buggery and gross indecency — offences that punished gay sexual acts.

It's a laudable move, but an incomplete one.

To begin with, 1969 was the year that gay sexual acts, called gross indecency, were decriminalized — but not anal sex, or buggery, which remained on the books until 1988. That's kind of like decriminalizing a grilled cheese sandwich, but not the cheese. In fact, a Global investigation found convictions actually spiked in the 1980s.

Of course, to seek pardons for the criminalization of gay sex post-1969 would force the Liberals to admit that Pierre Elliott Trudeau was not a perfect flag-bearer for gay rights. His 1967 announcement that "there's no place for the state in the bedrooms of the nation" did not mark an end to the state's interest in gay sex.

Plus, Trudeau failed, in both of his stints as prime minister, to end the imposition of the state into the bedrooms of its

staff. Between 1958 and 1992, the government spied on and fired gays and lesbians in the military and public service.

"It's relatively easy to begin to pardon individuals. It's much more difficult for them to say, in a general way, 'What the Canadian state did to gays and lesbians was totally wrong,'" says Gary Kinsman, co-author of *The Canadian War on Queers* and part of a group calling for a federal apology. They had the official support of the NDP before the election. Liberal interest has extended to meetings with a few MPs, and not much more, Kinsman says.

That is a shame. It might be difficult to admit widespread wrongdoing, but it's actually a less bureaucratic process to apologize for firing people for being gay, than to review reportedly thousands of convictions over many decades. Perhaps there's a fear of lawsuits, a bad reason to leave a wrong unrighted. Perhaps the Liberals worry about their image as defenders of LGBTQ rights, much touted during the election. I hope not.

Public apologies should be serious matters, carefully considered, but a government that's quick to pardon one man who did nothing wrong should surely be able to apologize to the equally innocent Canadians it hunted down and purged for decades.

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Miso, my! Easy ramen broth

GUEST-WORTHY MEAL

Elevate instant noodle staple by making your own stock

Aside from a box of Kraft Dinner, nothing personifies single-dom more than a packet of instant ramen.

The cheap block of instant noodles is delicious and satisfying, but the packet of powdered soup broth contains an entire day's worth of salt. Here's an easy way to make your own broth that is just as satisfying but with considerably less sodium so you can drink it without gasping for water.

While you're at it, take a few extra minutes and add vegetables and left-over meat to create a complete meal worthy of guests. You'll think twice about lining up for a \$15 bowl of ramen after making this.

Baller Ramen

Makes one serving.

Ingredients:

- 1 large egg
- 2 cups (500 mL) water
- 2 tsp (10 mL) white miso paste
- 1 tsp (5 mL) soy sauce
- 1/2 tsp (2 mL) sesame oil
- 1 packet instant ramen noodles
- 2 heads of baby bok choy, leaves separated and rinsed
- 1/4 cup (60 mL) kimchi

Take a packet of instant ramen and turn it into a complete meal by whipping up a simple miso broth, adding vegetables and a hardboiled egg as a finishing touch.

TORSTAR NEWS SERVICE

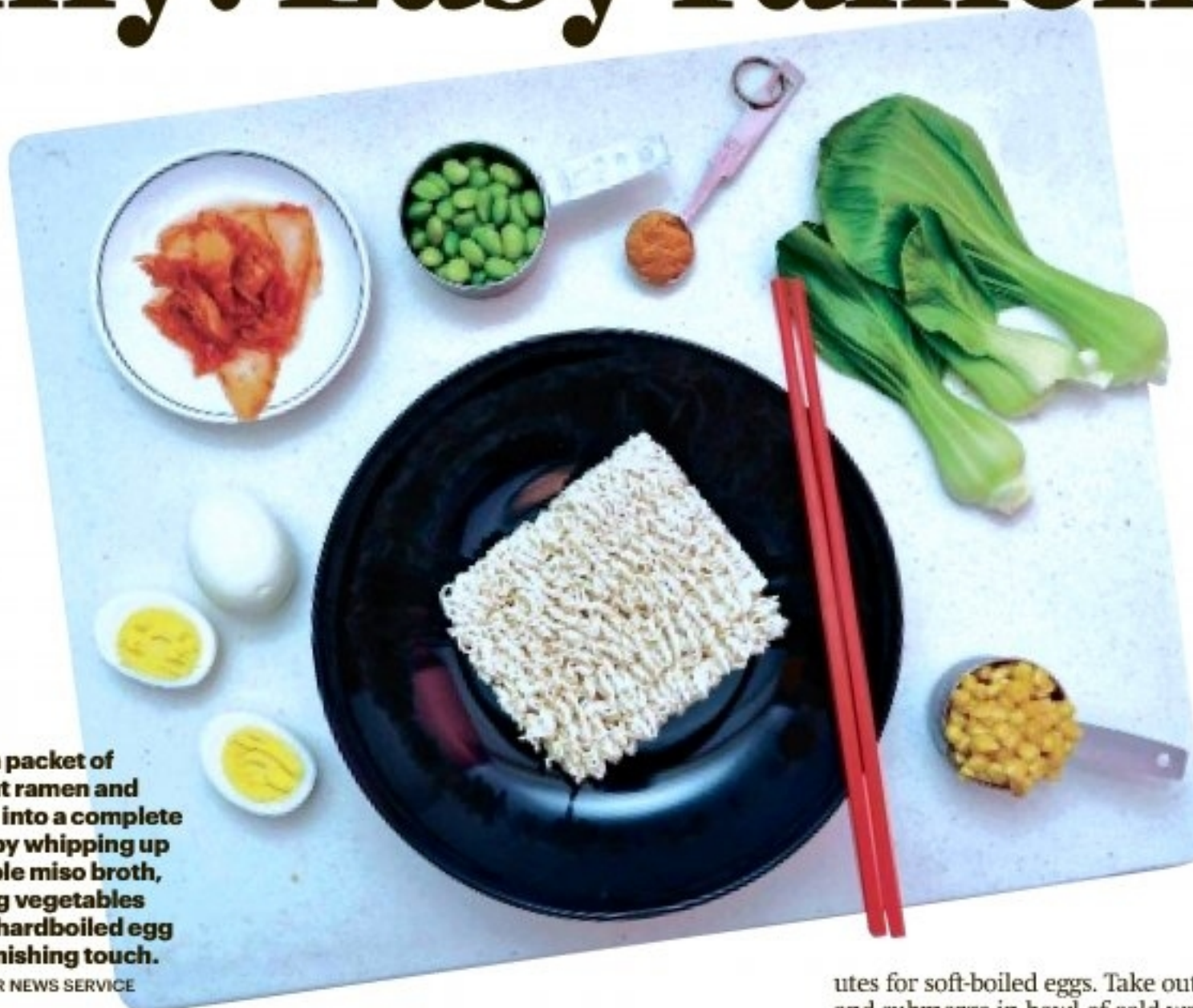
- 1/3 cup (80 mL) edamame
- 1 Tbsp (15 mL) canned corn kernels, drained and rinsed

Directions:

1. Place egg in a small pot filled with enough cold water to submerge egg by at least an inch. Cover. Over medium-high heat, bring water to a rapid boil. Remove from heat and let sit covered for 12 minutes, or 6 min-

utes for soft-boiled eggs. Take out egg and submerge in bowl of cold water for 5 minutes until cool to the touch. Remove shell and slice in half lengthwise. Set aside.

2. While egg is cooking, in a small saucepan over medium heat whisk together water, miso paste, soy sauce



FOOD TIP

What's the best way to peel an egg?

J. Kenji López-Alt of Serious Eats, did exhaustive research on making the perfect boiled egg.

He concludes that shocking the egg in icy water and letting it cool completely is key in preventing the egg from sticking to the shell.

Also, he says to gently tap the shell all over rather than aggressively roll it across the counter, then peel under cold water.

and sesame oil. Bring to a rapid boil and add bok choy and ramen, stirring until leaves are tender and noodles are al dente, about 2 to 3 minutes.

3. Transfer to bowl. Top with sliced eggs, kimchi, edamame and corn. Serve immediately.

Other proteins to consider:

Cooked chicken, tofu cubes, thinly sliced Spam, cooked bacon.

Other veggies to consider:

Broccoli florets, sliced red pepper, bean sprouts, finely chopped bitter greens, pickled carrots and daikon.

Bonus condiments:

Nori, sesame seeds, Sriracha or any kind of hot sauce.

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TASTE TEST

Sweet and sour: Fruit of the coffee bean

Ariel Teplitsky
Torstar News Service

Curious to know what the fruit of the coffee bean tastes like? You'll still be wondering after drinking a bottle of KonaRed.

Coffee beans grow on bushes inside a fruit that resembles a cherry, with a red skin and a thin layer of sweet fruit, which is often discarded. Today, more plantations are trying to make use of this coffee byproduct, called cascara, which still contains a small amount of caffeine, and a large amount of antioxidants and nutrients.

Thus you can now find cascara "coffee cherry tea" in some coffee shops. Or you can buy a bright red bottle of "Hawaiian Coffeeberry Superfruit Beverage" from KonaRed.

It tastes like you'd expect any berry juice to taste: sorta sweet, sorta sour, with hints of cherry, watermelon and ... is that pineapple?

Yes, pineapple juice is the first ingredient. It also contains apple juice from concentrate, stevia extract as sweetener, plus natural

flavours. The result is more fruit punch than fruit juice, which tastes fine but not in any way distinctive, though the sweetness masks a slightly pungent aftertaste.

You might still want to drink it for the reputed health-boosting qualities, but you'd be better off eating fresh, fibrous fruits and berries over sweetened, concentrated fruit juice.

And what of KonaRed's pledge of sustainability, by utilizing a part of the fruit that's often discarded? That's nice and all, but packaging this salvaged fruit in plastic bottles and shipping it thousands of kilometres to a Canadian supermarket can hardly claim a zero carbon footprint.

So that's that. Grab a coffee, some fruit, and call it a day.

Would I try it again? No, but the next time I'm in Hawaii, I'll happily eat fresh coffee fruit — and the beans inside, too.



FOOD BRIEFS

Liquid assets

If someone gives you the stink eye for taking a photo of your meal, tell them you're trying to turn food porn into prizes.

Masi Agricola, one of Italy's perennial producers in the Vento region, begins its celebration of the 50th anniversary of Campofiorin (\$19.49 - \$20.95), its flagship red blend, with an Instagram contest. Just snap a shot of something edible inspired by the wine and post it with the hashtag #Campofiorin50.

First released in 1964, Campofiorin is made from a ripasso-style technique originated by Masi that sees fresh vinified juice from Valpolicella re-fermented along with grapes that have been slightly dried.

The current 2012 vintage is a rich, but very accessible, wine with universal appeal that has, to quote Masi on its food-friendliness, "versatility that inspires experimentation."

Prices reflect the range across the country. Some products may not be available in all provinces.

PETER ROCKWELL/METRO



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Bacon

Bacon and eggs have been a popular breakfast choice for Canadians for decades, but changing up the bacon variety could save your weight and heart!

PICK THIS

Peameal bacon (cooked, 4 slices)

Calories 100
Fat 3.5 g
Saturated Fat 1.5 g



SKIP THIS

Bacon (cooked, 4 slices)

Calories 200
Fat 19 g
Saturated Fat 7 g



HERE'S WHY



Equivalent to 2.5 six-inch Ham subs (with lettuce, tomato and cheese) in fat from Subway

Peameal bacon, also known as Canadian or back bacon, comes from a lean boneless, pork loin, which is low in fat and saturated fat. Traditional bacon slices on the other hand, come from the belly of a pig, yielding twice the calories and five times the fat and saturated fat. Regardless of the type of bacon you pick, always only eat it occasionally since both options are high in sodium!

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CBC rolls out its own kind of Serial

INTERVIEW

David Ridgen investigates cold cases in new podcast

Melita Kuburas
Metro | Canada



There are similarities between CBC's new podcast, *Someone Knows Something*, and the first season of American radio doc *Serial*: both roll out weekly, investigating old cases in real-time, and both are anchored by a captivating reporter, bringing some transparency to this type of journalism.

But David Ridgen, host of the CBC show that launches March 2, says he deliberately stayed away from programs like *Serial* and Netflix's *Making a Murderer*.

"I don't want to unconsciously or consciously even try to mimic them," he tells Metro. "I think comparisons will be made, but I'm hoping that we have our own unique kind of show that's based on an honest process and looking for the facts."

To be fair, Ridgen has been doing this genre long before the aforementioned U.S. true-crime series were released.

His 2007 documentary *Mississippi Cold Case* led to the prosecution of a Ku Klux Klan member connected to the killing of two young black men.

And like in that project, and others since (*Confession to Murder*, *A Garden of Tears*), Ridgen wants results in the mysteries he examines for the CBC. "I'm here to actually solve a case and to do that I have to be engaging, but I also have to be fair to the family members and not lead them somewhere and just leave them hanging," he says.

Here is another important distinction: While *Serial* and *Making a Murderer* have been criticized by the family members of murder victims Hae Min Lee and Teresa Halbach, respectively, Ridgen is not interested in reopening an old wound unless he has full support from the family affected.

"It's important to see that these cases are about process as much as they are about the outcome," he says.

Families of missing or murdered loved ones often face a lot of guilt associated with the tragedy, and sometimes they face blame from the community or are cast in a suspicious light. Ridgen wants the reporting to



David Ridgen, host of *Someone Knows Something*. OWEN RIDGEN

ABOUT THE CASE

- The first season of *Someone Knows Something* launches today at cbc.ca/sks. It will also be available on iTunes and Google Play.

- It looks at the case of Adrien McNaughton, a five-year-old boy who vanished during a family fishing trip in Calabogie, Ont. in 1972.

- Host David Ridgen grew up in the town, and says that it has been a "dark



Photo of Adrien McNaughton in 1972 and sketch of how he would look as an adult, released in 2009. ONTARIO PROVINCIAL POLICE

cloud" over the community ever since he can remember.

be healing.

"In looking back at the cases, I feel like the process of this podcast is offering an almost therapeutic kind of approach."

Ridgen adds that even if he doesn't get to the point where they're in the courtroom "pointing our fingers at a person who has done it," the process is worthwhile if he knows the family has learned something and have some closure.

But the work also takes a toll on him. In the prologue for the

series, Ridgen struggles with whether to accept the CBC offer, given the emotional weight it's had on him in the past.

"There's no doubt that it has an impact when you're looking at photographs of crime scenes or things that the general public just does not get to see and it's just the constant iteration of the information through your head about missing children, murders and horrific imagery. As I say in the prologue, it just kind of haunts you."



JOHANNA SCHNELLER **WHAT I'M WATCHING**



Cuba Gooding Jr. is O.J. Simpson in *The People vs. O.J. Simpson*. CONTRIBUTED

The many truths in a Bronco chase

THE SHOW: *American Crime Story: The People vs. O.J. Simpson, Episode 2 (FX)*
THE MOMENT: *The Pizza*

Los Angeles, 1994. Football star, media personality — and accused murderer — O.J. Simpson (Cuba Gooding Jr.) is cruising the freeways in a white Ford Bronco, pursued by a dozen police cars, while the world watches on television.

In the kitchen of a pizza delivery joint, phones ring off the

hook while cooks scramble to make pies.

"This is crazy," one says, grabbing an empty plastic bin. "We ran out of cheese."

My love for this limited series is deep and abiding, and scenes like the one above are why.

How many times have you seen "news is happening" dramatized by people staring at TVs? This show depicts that scene not just originally, but also thematically — our bottomless appetite for food equals our bottomless appetite for sensationalism.

The co-writers, Scott Alexander and Larry Karaszewski, are just so freaking smart. (They also wrote *Ed Wood* and *The People vs. Larry Flynt*.)

They're expert at finding the places where celebrity and

success curdle into toxicity and greed, and for turning complex issues into gripping drama.

In *Simpson's* story, they hit the motherlode. The issues that riveted us 22 years ago — America's deep divisions in race, class, wealth, fame; our eagerness to judge people superficially and leap to conclusions based on our prejudices — are, if anything, even more urgent now.

Giving the Bronco chase a full hour is just one example of the show's genius: It takes the time to parse every detail, and finds meanings and connections that make us gasp.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BOOK BRIEFS

Toronto playwright wins \$150K prize, naps with son

Acclaimed Toronto-based playwright Hannah Moscovitch hasn't had much time to bask in the glory of her US\$150,000 prize for literary achievement.

On Tuesday, when Yale University announced Moscovitch as one of nine recipients of the lucrative Donald Windham-Sandy M. Campbell Literature Prizes, she was battling a snowstorm in Toronto so she could get her eight-month-old baby to the doctor.

"It's been a little bit psychedelic. It's a bit delirious, actually," the 37-year-old said by phone late Tuesday afternoon.

"(I) came home and there was like 99-plus messages for



Hannah Moscovitch.

TORSTAR NEWS SERVICE

me on Twitter and then I shut it down and went and had a nap with him, because we nap together every day."

The Windham-Campbell Prizes honour three winners each for fiction, drama and non-fiction.

Each winner receives a \$150,000 grant.

Ottawa's Moscovitch was cited for drama. She was praised by the prize for "pushing herself with each subsequent work to deeper levels of emotional and intellectual complexity."

"It's the most astonishing validation," said the multiple Dora Award winner, who's known for heralded works including *East of Berlin* and *This Is War*.

"Because I freelance and I have absolutely no sense of what will happen in a year or two years, even a little sense of security can only embolden you and help your work to become more itself, to become more fully realized, because you feel a little safer."

THE CANADIAN PRESS



Cadenza: The height of mid-luxury



REVIEW

Like rivals, Kia's latest has many features for its price point

Jil McIntosh
For Metro Canada



If you like luxury but your budget doesn't, the "mid-lux" segment might be for you. Kia's entry is the Cadenza, a model that isn't all that common on the streets but could be a hidden gem for many buyers.

Its platform design has been around for a while. It shows its age with a somewhat doughy suspension that's mostly gone out of fashion in favour of the sportier, sharper feel in most new models. Still, that's precisely the type of ride many luxury buyers prefer. And it's all put in motion by a seriously sweet 3.3-litre V6 engine that's powerful, smooth and quiet, and mated to an equally-refined six-speed automatic transmission.

A well-equipped base model starts at \$37,995, but higher-end features such as a panoramic sunroof, ventilated front seats, heated rear seats, power-adjustable steering wheel and power rear sunshade come with the Premium

trim at \$41,995.

My tester, the top-end Tech at \$45,595, included blind-spot monitoring, lane departure warning system, and adaptive cruise control, which adjusts its speed in relation to traffic ahead. Many of these cruise systems have become very sophisticated, but this Kia's version is still too jerky.

The sedan's handsome cabin, which only comes in black, offers up a good amount of legroom and headroom in both the front and rear seats. Those chairs are impressively comfortable, and on the Premium and Tech trims, the driver's seat has a power-operated knee extension, perfect for long-legged folks who find that most seat cushions are too short.

The Cadenza slots between Kia's volume-selling Optima and its even-rarer top-line K900 sedan. It shares its mechanicals with the Hyundai Azera sedan, a model no longer sold in Canada but still available in the U.S.

It follows Kia's business model of offering a lot of features for the money, but other manufacturers have jumped onto that as well: many other mid-lux models also pile on the features in a price range that's comparable to Cadenza's. You'll have to closely comparison-shop to get the most for your money, but include Kia's version on your list.

THE CHECKLIST | 2016 KIA CADENZA

THE BASICS

Type. Four-door, five-passenger mid-size sedan
Engine (hp/torque). 3.3-litre V6 (293/255)
Transmission. Six-speed automatic
Price. \$37,995 (base); \$45,595 (as tested), plus destination

COOL FEATURES

- Electric parking brake
- Rear-view camera and parking sensors
- 12-speaker audio system
- Windshield wiper de-icer
- Rear-seat USB charging port
- Power-folding mirrors
- Automatic window defogging feature



MAIN AND INTERIOR PHOTOS: JIL MCINTOSH/FOR METRO; OTHERS HANDOUT

POINTS

- The Tech trim adds LED fog lamps, 19-inch wheels, power passenger seat, and adjustable steering feel.
- The Tech uses hydrophobic glass in the front-door windows, which causes snow and raindrops to sheet off the surface to improve visibility.
- The engine uses direct gasoline injection.

MARKET POSITION

- Kia is a strong player in the entry-level and mid-range markets, but is still minor in the mid-lux and luxury segments. That may change in future, especially as parent company Hyundai launches its separate Genesis luxury brand.

THE COMPETITION



Nissan Maxima
Base price: \$35,900



Buick LaCrosse
Base price: \$36,525



Toyota Avalon
Base price \$38,185



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While Tesla has been leading the pack on the remote updating of cars, other companies are following suit. ISTOCK

The future of software updates

AUTO TECH

More companies to use over-the-air technology

Who likes software updates?

They're those recurring installations that kick in just when you are about to shut off your laptop for the day, or the pesky alerts on your smartphone reminding you about a shiny, new version of the operating system.

It's hard to imagine many raised hands.

Constant software improvements are no longer limited to personal electronics. As thousands of new lines of code get added to cars with every new model, version updates are becoming the norm for vehicles as well.

Most people with newer cars have made at least a couple of software update trips to dealerships, or may have just ignored all those mailed reminders.

But it will get harder to overlook these kinds of "soft" maintenance procedures as vehicles become more reliant on digital platforms.

Tesla — as with so many other things — has been ahead of the game for remote updating of cars. Owners of the luxury electric vehicles don't need dealership visits to add new features — smarter routing, new interfaces, even drive assist options

— to their cars. All of that can be done remotely.

Now other automakers are planning to unlock the full potential of over-the-air (OTA) updates.

Some, like General Motors, already perform OTA updates for their telematics systems. Over the next few years, the Detroit automaker will continue to change the electrical infrastructure of its vehicles to facilitate the use of more remote software changes. Similarly, Ford, Toyota and several European automakers have confirmed that their customers can expect more OTA usage down the line.

At this year's CES event in Las Vegas, automotive connectivity and infotainment solutions supplier Harman International revealed that they also are working with several automakers on remote software delivery platforms.

Harman has been on the cut-

ting edge of OTA updates, and its recent business strategy also sheds light on the two key concerns surrounding OTA updates — speed and safety.

Last year it acquired Redbend, an Israeli company that has helped Tesla remotely roll out critical updates like its Autopilot driver assist system with minimal bandwidth usage.

Similarly, Harman recently announced that it will acquire Towersec, a company that specializes in network security — arguably the biggest pain point in the development and adoption of OTA updates.

Like Harman, all automakers and suppliers are currently pursuing the Holy Grail of OTA — faster, compact and secure data packages. The cost of remotely sending thousands of lines of code can be expensive — either for the automaker or the vehicle owner or both.

Any remote software revisions therefore have to be very specific and targeted in order to make them more viable.

Many automakers continue to hold themselves back because of security issues and concerns over hacking.

For instance, GM has said that unlike Tesla, it will never use OTA for updates related to safety systems such as brakes. As a result, a lot of sweat and dollars will be spent over the next years in making sure platforms are secure enough to support all kinds of OTA updates.

TORSTAR NEWS SERVICE

+ CHANGES

- Some companies will continue to use cellular networks, others will use vehicular Wi-Fi to transmit data.

- According to a recent Automotive News report, some are also looking at a third option — sending the software update to the driver's smartphone, which will then push the update to the car via Bluetooth.

Dealing from both sides

SPRING TRAINING

Ambidextrous reliever has ambitions to crack Jays' pen

Few active baseball players have official rules named after them.

A Blue Jays reliever who can throw with his left and right arm inspired the creation of the Pat Venditte rule in 2008. According to the rule, an ambidextrous pitcher must visually indicate which arm he'll use before facing a switch-hitter, who can then decide which side of the plate he'll bat from.

The 30-year-old Venditte, who was claimed off waivers by Toronto from the Oakland Athletics in the off-season, still laughs when he thinks about being the rule's muse during his first year in the pros. He doesn't put much stock into it though.

"Yeah, it's something," Venditte said with a chuckle at Florida Auto Exchange Stadium. "People think it's cool but being here pitching at this level is far cooler than having a rule named after you."

A natural right-hander, Venditte started throwing with his left arm at age three at his father's behest. It wasn't until his junior year at Creighton University, however, that he really began seeing results.

"It's still a work in progress," Venditte said.



One of Pat Venditte's six-fingered gloves
FRANK GUNN/THE CANADIAN PRESS

It's not without its quirks.

Venditte's bullpen sessions last twice as long as he alternates arms to mimic real game situations. He also keeps three custom-made gloves on the top shelf of his locker

with plenty more in reserve.

Each glove has six fingers — two thumb slots with the pocket in the middle — so he can use it regardless of which hand he's pitching with.

"It's a little wider than most, but for me it functions as a regular glove," Venditte said.

The peculiar hardware has drawn interest from his teammates, including right-hander Marcus Stroman, who tested the glove out at last week.

"Yeah, it definitely felt weird," Stroman said. "But it was awesome. It's so cool to have that guy in my (bullpen) group and see him work. That's a completely unique talent on its own."

"I've 100 per cent never seen anything like it," Stroman added. "It still makes me laugh every time I see it."

Selected by the New York

Yankees in the 20th round of the 2008 draft, the Omaha native made his MLB debut with Oakland last June but landed on the 15-day disabled list with a right shoulder strain five days later.

Rather than rely on his left arm while the right was injured, both he and the A's decided the DL was a better option.

"When you pitch in a game, just because you're using your left hand there's still a lot of movements that go on with your right," Venditte said. "It would be hard for it to properly heal."

He finished the season 2-2

with a 4.40 earned-run average through just 28-2/3 innings but had a 1.55 ERA with 40 strikeouts through 40-2/3 innings at triple-A.

Venditte, who throws a low-

to-mid 80's fast-ball, a slider and a change-up with his left hand, has had more success from that side.

Last season he held the 48 left-handed hitters he faced to a .116 batting average.

In his first spring training game on Monday Venditte faced five batters, switching from right to left for each, in an inning of intrasquad play.

He gave up a two-out walk and a hit and struck out the final batter he faced.

While few spots are up for grabs in the Toronto bullpen, manager John Gibbons is intrigued by Venditte's versatility.

"Shoot, it's a great story," said Gibbons. "If it works and he happens to be on the team he gives us a lot of flexibility."

Venditte is just hoping for a solid spring training. The rest is out of his hands.

"My goal is to leave a good impression," he said. "Take advantage of this opportunity and wherever I am to start the year, that's where I'll be."

"I want to show them that I can help them — if not in the beginning of the season, hopefully at some point throughout the year."

THE CANADIAN PRESS



Marcus Stroman throws against the Phillies on Tuesday.
FRANK GUNN/THE CANADIAN PRESS

MLB

Stroman feeling 'strong'

Marcus Stroman got his wish to be challenged in his first spring-training outing.

The Toronto starter allowed two runs on three consecutive two-out singles during his second inning of work Tuesday as the Blue Jays beat the Philadelphia Phillies 5-3 in the first spring-training game for both teams.

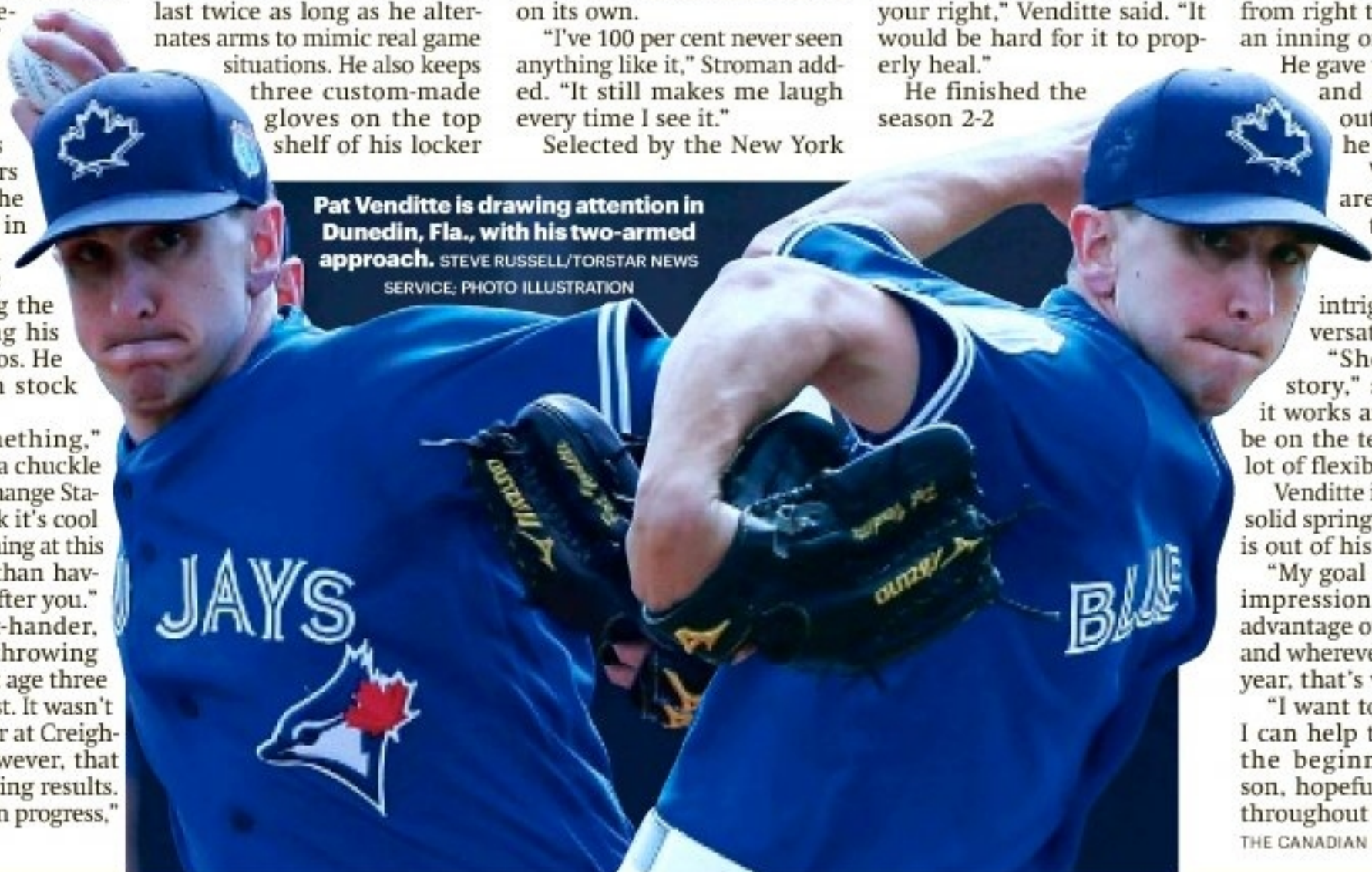
"I want to face a little adversity like I did today," Stroman said. "(I want to) get guys on, have to pitch with guys on the corners like I did."

Stroman is no stranger to adversity. After tearing his ACL in spring training a year ago, Stroman battled back to feature in Toronto's playoff run.

Those days are over. "No brace, I don't even know where it is anymore," Stroman said. "I'm good, I'm strong."

"I'm ready to rock." Stroman threw 33 pitches, 23 for strikes.

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Pat Venditte is drawing attention in Dunedin, Fla., with his two-armed approach. STEVE RUSSELL/TORSTAR NEWS SERVICE; PHOTO ILLUSTRATION

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MLB

Votto stars as Reds defeat Cleveland

Joey Votto had two hits and reached three times in the Cincinnati Reds' 6-5 win over the Cleveland Indians on Tuesday in the spring training opener for both Ohio teams.

Scott Schebler homered in his first at-bat with the Reds, who got him from the Dodgers as part of a three-team deal that sent third baseman Todd Frazier to the White Sox. Schebler is part of a crowded competition for the starting job in left field.

Eugenio Suarez had a pair of doubles and drove in two runs. Suarez is moving from shortstop to third base, replacing Frazier. Cleveland's Carlos Santana homered off



Joey Votto. GETTY IMAGES

Jon Moscot in his first spring at-bat. Minor leaguer Eric Stamets also homered off Zack Weiss, who is competing for a spot in the Reds'

THE ASSOCIATED PRESS

MLB

Chapman accepts 30-game suspension

New York Yankees closer Aroldis Chapman has agreed to accept a 30-game suspension under Major League Baseball's domestic violence policy, a penalty stemming from an incident with his girlfriend last October.

Under the discipline announced Tuesday, Chapman will serve the penalty from the start of the season in April. He will lose 30 days of pay and 30 days of major league service, which will allow him to become a free agent after this season.

Chapman says in a statement, "I did not in any way harm my girlfriend that evening." He adds that, "I should



Aroldis Chapman. GETTY IMAGES

have exercised better judgment with respect to certain actions, and for that I am sorry."

THE ASSOCIATED PRESS

RECIPE Apple, Cheese and Bacon Frittata



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Sweet apples, sharp cheese and some salty bacon together with eggs are all the reasons you need to make this easy frittata. You want another? You got it — it's a one pot star.

Ready in
Prep time: 10 minutes
Total time: 35 minutes
Serves 6

Ingredients

- 4 strips of bacon
- 8 eggs
- 1 cup grated cheddar cheese
- 1/3 cup grated Parmesan cheese
- 1 Tbsp butter
- 1 apple, peeled, cored and thinly sliced

Directions
1. Preheat the oven to 450 F.

2. In large, oven-safe skillet, sauté the bacon until crisp. Turn off the heat. Place bacon on a piece of paper towel to drain and wipe out skillet with another piece of paper towel.
3. Meanwhile, in a large bowl, whisk the eggs together. Add half of both cheeses to the eggs and whisk again.
4. Place the skillet back over medium heat and add butter. Swirl that around the pan. Pour the eggs into the pan. Allow to cook until the edges begin to set. Crumble the bacon and sprinkle it across the eggs. Lay down the slices of apple in a circular pattern. Sprinkle the rest of the cheese over the top.
5. Place in a hot oven for 15 to 20 minutes, until the top is puffy and just lightly set. Remove carefully and allow to cool for a couple of minutes before slicing.

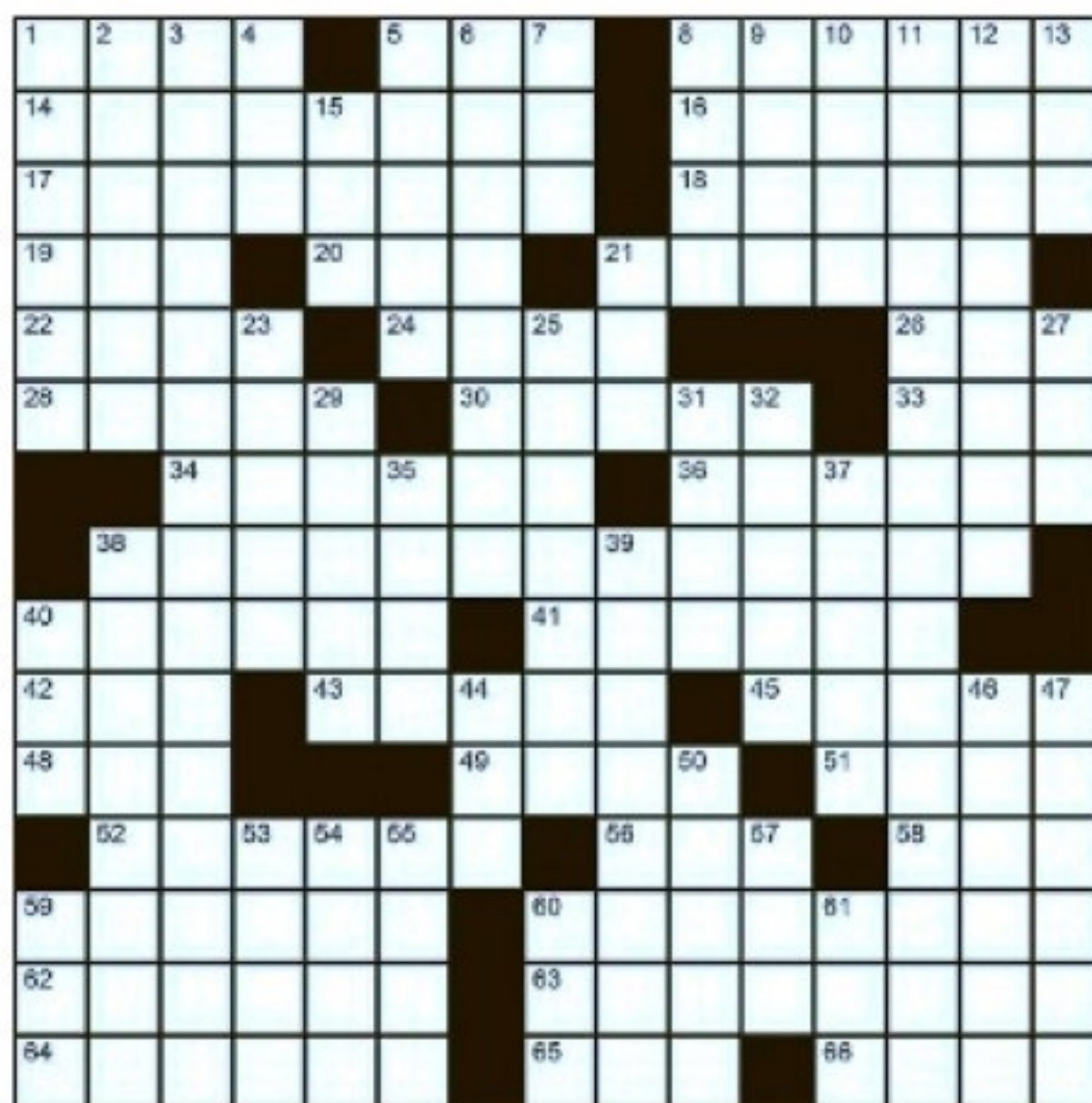
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "___ on My List" by Hall & Oates
5. Pro
8. Quebec pastry brand, maker of Ah Caramell!
14. "Love ___" (2003)
16. Jane's "Ally McBeal" role
17. CAA service, ___ assistance
18. Discarded
19. New Waver Adam
20. Theological sch.
21. P.E.I. produce product
22. Suit accessories
24. Couch
26. Clip-___ (Non-pierced earrings)
28. Do this with tickets outside the concert venue
30. ___ prosequi (Not proceeding, in law)
33. Caviar
34. Kitchen gadget
36. Skiing sort
38. Donald Sutherland's role in the 1970 movie version of "M*A*S*H": 2 wds.
40. Trunks
41. Jan and Cindy's older sister
42. Be decisive
43. "Get My Dough" by ___ Dean
45. Recites
48. Ring's sparkler
49. Poker stake
51. Scissors sound
52. The Earl of ___ (Title for Queen Elizabeth's youngest son Prince Edward)



56. "___ Time" by Imagine Dragons
58. Eggs, fancy-style
59. Comics: Dennis the ___
60. Someone succeeding
62. Director of #38-Across, Robert

63. "City ___" (1991) starring Billy Crystal
64. Mary-Kate and Ashley
65. Bench press muscle, commonly
66. "Would you like anything ___?"

(Is that all?)

DOWN

1. Gold measurements
2. Like a widely recognized symbol
3. In royal residence Windsor Castle, they

include The Waterloo Chamber and The Grand Vestibule: 2 wds.
4. South: French
5. 1954 William Golding book, Lord of the ___
6. Family's longstanding wealth: 2 wds.

7. Cereal grass
8. Nix
9. Commonly: 2 wds.
10. ___ Loma, Toronto attraction
11. Lillian Ross book, Cougar's Crossing: A Canadian ___ of Pioneer Adventure
12. 1983 Hall & Oates hit that starts "I'm tired of playing on the team...": 3 wds.
13. Mr. Beatty
15. Sure-footed mammal
21. Chum
23. Bunches
25. Factory crew bosses
27. The Supremes: "Come ___ About Me"
29. Orange ___ (Tea)
31. Den
32. Put into office
35. Minus meaning
37. ___ open (Uses a crowbar)
38. New Brunswick attraction, ___ Rocks
39. Speck
40. Cloth
44. Levy
46. Detoxifying organs
47. Scant
50. Strong work ___
53. Equivalent
54. What an all-in-one printer can do
55. Poetic nights
57. [error left as is]
59. ___ jacket (Suit part for a sixties band)
60. Pharaoh snake
61. Hawaii: ___ Crater, in Maui

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't tell friends and relatives what they want to hear today — tell them what they need to hear. A large dose of reality is essential and a no-nonsense Aries like you is the best person to administer it.

Taurus April 21 - May 21
Don't get too caught up in the idea of winning and losing. Remind yourself what it means to enjoy the simple things in life, none of which require you to win a gold medal.

Gemini May 22 - June 21
Try something you have never tried before. Others may not approve but that will only make you even more determined to go through with it. You enjoy pushing limits.

Cancer June 22 - July 23
People are depending on you, so stay focused on what needs to be done. You won't have to do it alone: someone will offer to help you and together you can put things right.

Leo July 24 - Aug. 23
Others are making life difficult for you but you are also making life difficult for yourself. What happens in the world is largely a reflection of what goes on inside your head, so be positive and believe in success.

Virgo Aug. 24 - Sept. 23
Each time you have things worked out someone comes along and moves the goalposts or changes the rules but don't let it get to you. It is all part of life's rich tapestry.

Libra Sept. 24 - Oct. 23
Follow the rules. Yes, of course, you could do it better and in half the time but it's not your call to make. Play along for now — you'll get your chance to shine later.

Scorpio Oct. 24 - Nov. 22
Are you any closer to reaching the targets you set for yourself around the time of your last birthday? If not, it may be time to adjust your sights a bit. Remember, your goals don't have to be set in stone.

Sagittarius Nov. 23 - Dec. 21
Someone will let you down today and you won't be too happy about it. But don't let it bother you too much because it is a blessing in disguise. You can do a lot better without them.

Capricorn Dec. 22 - Jan. 20
Push worries to the back of your mind and resolve to have fun. The Sun in Pisces brings social and travel opportunities aplenty, so there is no excuse why you should be stuck at home in a bad mood.

Aquarius Jan. 21 - Feb. 19
Don't feel bad if you haven't yet accomplished all you set out to do. There's no time limit to your ambitions and you've done a great deal already, more than others expected.

Pisces Feb. 20 - March 20
Forget about what might have been and focus on what can still be done. Take each day as it comes. There is already a plan guiding your life — all you have to do is follow it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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YESTERDAY'S ANSWERS

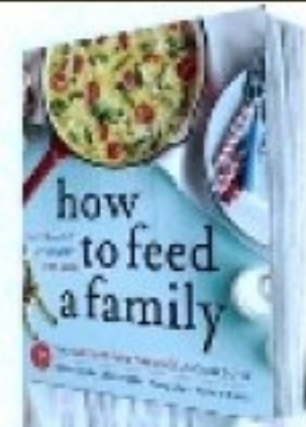
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